

PLEASE SIGN IN DAILY-THANKS!

**Reminder!**

Houston Food Bank Truck & Resource Fair

Sponsored by: United Healthcare  
Wednesday, April 4th

**9AM-12PM**

**Pickleball is here!** Afternoons at 3pm (by request & availability)



**MONDAY**

Texas A&M AgriLife Extension Services



**Tai Chi for Arthritis w/Courtney & Nutrition w/Krystal**

Tuesdays 9:30-10:AM Practice  
10-10:45am-Class

*The Wellness Center*

Carolyn Lyons, LVN

Monday & Wednesday 9am-1pm  
Blood Pressure & Diabetes Testing

2) **8am-Wake Up & Walk!**

**8am-1pm**

**Market Place Monday**

9am-Fitness w/Freeman

10am-Line Dance w/Sheila

11am-ZUMBA w/Valerie

12PM -Yoga w/Shanthi

1pm-Fitness w/Freeman (Flexibility)

2&3pm- SILVER SNEAKERS/Body Pump w/Angel'a

2-6pm-The Peak Table Games

6-7:15PM HOA Meeting (Peak)

**5pm-Line Dancing w/Sheila**

**6-7pm-Fitness DVD**

**Schedule Subject to Change please call: 832-471-2765**

Especially inclement weather days

**New!**

Silver Sneakers w/Angel'a adds a new *Body Pump Class*



**Mondays at 3PM**

Body Pump utilizes varying sizes of hand weights and mats to the workout routine

**TUESDAY**

**CHANGES IN SCHEDULE**

Ping Pong is only on Wednesdays 9-11am. Thursday's by request. Please check the schedule!

**Students Helping Seniors**

Students helping Seniors with digital devices is now Tuesdays and Thursdays 12-12:30pm.

Tickets are now on sale for August Wilson's "Ma Rainey" at the Ensemble Theatre May 16<sup>th</sup> for the 10AM matinee. You must purchase ticket to secure your spot. **42 seats available for \$15 each**

3) **8am-Wake Up & WALK!**

9am-Strength Training w/Freeman

9am- Silver Sneakers Chair w/Angel'a

9:30am-Tai Chi for Arthritis

w/Courtney & Nutrition w/Krystal

10am- Self-Defense w/Kenneth & Grand Master Gerald

11am- Greater Works Bible Study

11am-Chair-Fit w/Freeman

12:00pm- SILVER SNEAKERS w/Angel'a

**12-12:30pm-Students helping Seniors**

1pm-Afternoon Fitness w/Valerie

**6-7pm-Nighttime Cardio DVD/Zydeco**

*Thank you so much to those who regularly donate items to help keep the building clean and a fresh pot of coffee brewing each day!*

The PINNACLE

Senior Center of Fort Bend County



**April 2018**

Happy Easter/Resurrection Sunday!

**5525-C Hobby Rd. Houston, TX 77053**

**M-F 7:30am-7:30pm Sat. 8-11am**

**WEDNESDAY**

Join United Healthcare for a

**Pinnacle Spring Party**

**Thursday, April 12<sup>th</sup>**

**10:30AM-12:30PM**

*Light refreshments/ Giveaways/ Activities, A presentation & Informational hand-outs*

**Only 24 seats/Sign up early!**

4) **8am- Wake Up & WALK!**

**9AM-Noon-Houston Food Bank**

9am- Fitness w/Freeman

9-11am-Ping Pong- **CANCELED**

10am- ZUMBA w/Valerie

11am-Two Stepping w/Marvin

12-1pm-Line Dancing w/Faye

12-2pm- Wild & Wooly Women

1pm-Fitness w/Freeman (Ab Workout)

2pm-SILVER SNEAKERS w/Angel'a

2-6pm-The Peak Table Games

**6-7pm-Line Dance w/Bonnita**

Please support your VOLUNTEERS with your kind and generous donations! All classes except Freeman's are Taught/Facilitated by Volunteers!!!!

**Clear Caption**

**Telephones w/Faye Cluthe**

**April 19<sup>th</sup> 9AM**

**Please sign up**

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**Walgreen's Shingle Shots Part I**

**April 10<sup>th</sup> at 2:30PM**

**THURSDAY**

MEET PINNACLE PATRON AND AUTHOR REUBEN RAY II

for a book signing on

**APRIL 4<sup>TH</sup> 9AM-NOON**

"Paradise Valley DETROIT"



*The story is told about Reuben Ray Sr., who left his life story on tape for his grandchildren.*

Paradise Valley/Black Bottom was an area in Detroit where African Americans lived and survived. This story was about a time in American history in the 1920s, 30s, & 40s.

5) **8am- Wake Up & WALK!**

9am-Functional Fitness /Freeman

10am- **Budget Like a Pro-Part 1**

*Library Programming*

10:30am-Chair Fit w/Freeman

11:30am-SILVER SNEAKERS w/Angel'a

**12-12:30pm-Students helping Seniors**

2pm- SILVER SNEAKERS

w/Angel'a

2-6pm-The Peak Table Games

5-6pm-Sign Language w/Marsha

**6-7pm-Two Stepping w/Marvin**

*Silver Sneakers w/Angel'a on Fridays is a chair stretch class*

**•EVENING SCHEDULE•**

Monday-5-6pm Line Dance w/Sheila

6-7pm -Fitness DVD

Tuesday-6-7pm-Nighttime Cardio DVD/Zydeco

Wednesday- 6-7pm Line Dance w/Bonnita

**1<sup>st</sup> Thursday-6-7pm Line Dance on hold**

2nd, 3rd & 4th Thursday 6-7pm

Two Stepping w/Marvin

Friday-6-7pm- Fitness DVD

**FRIDAY/SATURDAY**

**Fella's, Let's Get Fit To FIGHT**

*HEART DISEASE*

**New Class**

Featuring Cardio Strength Training & Boxing

Techniques

Not exclusive to men

**Fridays @ 11AM**

6) **8am- Wake Up & WALK!**

9am-Freeman's Fitness Friday

9am-Sewing w/Lula & Bling It w/Harriett

10am-SILVER SNEAKERS w/Angel'a

11am-Fella's Let's Get Fit

12-2pm-Wild & Wooly Women

2-6pm-The Peak Table Games

**6-7pm-Fitness DVD**

**Saturday 4-7-18**

8am-Wake Up & Walk DVD

9am-Silver Sneakers Circuit & Body Pump w/Angel'a

10am-Boom Move It!

**•••In the Spotlight•••**

Walgreen's Shingle Shots Part I

April 10<sup>th</sup> at 2:30PM

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY/SATURDAY

9) 8am-Wake Up & Walk!

9am-Fitness w/Freeman  
10am-Line Dance w/Sheila  
11am-ZUMBA w/Valerie  
12 pm- Yoga w/Shanathi  
1pm-Fitness w/Freeman (Flexibility)  
2&3pm- SILVER SNEAKERS/Body Pump w/Angel'a  
2-6pm-The Peak Table Games  
5-6pm-Line Dancing w/Sheila  
6-7pm- Fitness DVD

10) 8am-Wake Up & WALK!

9am-Strength Training w/Freeman  
9am- Silver Sneakers Chair w/Angel'a  
9:30am-Tai Chi for Arthritis w/Courtney  
10am-Self-Defense w/Kenneth & Gerald  
11am- Greater Works Bible Study  
11am-Chair-Fit w/Freeman  
12:00pm-SILVER SNEAKERS w/Angel'a  
12-12:30pm-Students helping Seniors  
1pm- Afternoon Fitness w/Valerie  
1-3pm-Bridge 3-6pm Peak Table Games  
6-7pm-Nighttime Cardio DVD/Zydeco

11) 8am- Wake Up & WALK!

9am- Fitness w/Freeman  
9-11am-Ping Pong w/Su Bao  
10am- ZUMBA w/Valerie  
11am- Two Stepping w/Marvin  
12-1pm-Line Dancing w/Faye  
12-2pm-Wild & Wooly Women  
1pm-Fitness w/Freeman (Ab Workout)  
2pm- SILVER SNEAKERS w/Angel'a  
2-6pm-The Peak Table Games  
6-7pm-Line Dance w/Bonnita

12) 8am-Wake Up & WALK!

9am-Functional Fitness w/Freeman  
10am- Budget Like a Pro-Part 2 Library Programming  
10:30am-Chair Fit w/Freeman  
11:30am- SILVER SNEAKERS w/Angel'a  
12-12:30pm-Students helping Seniors  
2pm- SILVER SNEAKERS w/Angel'a  
2-6pm-The Peak Table Games  
5-6pm-Sign Language w/Marsha  
6-7pm-Two Stepping w/Marvin

13) 8am- Wake Up & WALK!

9am-Freeman's Fitness Friday  
9am-Sewing w/Lula & Bling It w/Harriett  
10am- SILVER SNEAKERS w/Angel'a  
11am-Fella's Let's Get Fit  
12-2pm-Wild & Wooly Women  
2-6pm-The Peak Table Games  
6-7pm-Fitness DVD  
Saturday 4-14-18  
8am-Wake Up & Walk DVD  
9am-Silver Sneakers/Angel'a  
10am-Boom Move It!

16) 8am-Wake Up & Walk!

9am-Fitness w/Freeman  
10am-Line Dance w/Sheila  
11am-ZUMBA w/Valerie  
12 pm- Yoga w/Shanathi  
1pm-Fitness w/Freeman (Flexibility)  
2&3pm- SILVER SNEAKERS/Body Pump w/Angel'a  
2-6pm-The Peak Table Games  
5-6pm-Line Dancing w/Sheila  
6-7pm- Fitness DVD

17) 8am-Wake Up & WALK!

9am-Strength Training w/Freeman  
9am- Silver Sneakers Chair w/Angel'a  
9:30am-Tai Chi for Arthritis w/Courtney  
10am-Self-Defense w/Kenneth & Gerald  
11am- Greater Works Bible Study  
11am-Chair-Fit w/Freeman  
12:00pm-SILVER SNEAKERS w/Angel'a  
12-12:30pm-Students helping Seniors  
1pm-Afternoon Fitness w/Valerie  
1-3pm-Bridge 3-6pm Peak Table Games  
6-7pm-Nighttime Cardio DVD/Zydeco

18) 8am- Wake Up & WALK!

9am- Fitness w/Freeman  
9-11am-Ping Pong w/Su Bao  
10am- ZUMBA w/Valerie  
11am-Two Stepping w/Marvin  
12-1pm-Line Dancing w/Faye  
12-2pm-Wild & Wooly Women  
1pm-Fitness w/Freeman (Ab Workout)  
2pm-SILVER SNEAKERS w/Angel'a  
2-6pm-The Peak Table Games  
6-7pm-Line Dance w/Bonnita

19) 8am-Wake Up & WALK!

9am-Functional Fitness w/Freeman  
10am-Typing Library Programming  
10:30am-Chair Fit w/Freeman  
11:30am & 2pm SILVER SNEAKERS w/Angel'a in the Peak  
12-12:30pm-Students helping Seniors  
3-6pm-The Peak Table Games  
5-6pm-Sign Language w/Marsha  
6-7pm-Two Stepping w/Marvin

20) 8am- Wake Up & WALK!

9am-Freeman's Fitness Friday  
9am-Sewing w/Lula  
10am-SILVER SNEAKERS w/Angel'a  
11am-Fella's Let's Get Fit  
12-3pm- Ø Red Hat Society Today  
12-2pm-Wild & Wooly Women  
2-6pm-The Peak Table Games  
6-7pm-Fitness DVD  
Saturday 4-21-18  
8am-Wake Up & Walk DVD  
9am-Silver Sneakers w/Angel'a  
10am-Boom Move It!

23/30) 8am-Wake Up & Walk!

9am-Fitness w/Freeman  
10am-Line Dance w/Sheila  
11am-ZUMBA w/Valerie  
12 pm- Yoga w/Shanathi  
1pm-Fitness w/Freeman (Flexibility)  
2&3pm- SILVER SNEAKERS/Body Pump w/Angel'a  
2-6pm-The Peak Table Games  
5-6pm-Line Dancing w/Sheila  
6-7pm- Fitness DVD

24) 8am-Wake Up & WALK!

9am-Strength Training w/Freeman  
9am- Silver Sneakers Chair w/Angel'a  
9:30am-Tai Chi for Arthritis w/Courtney  
10am-Self-Defense w/Kenneth & Gerald  
11am-Greater Works Bible Study  
11am-Chair-Fit w/Freeman  
12:00pm-SILVER SNEAKERS w/Angel'a  
12-12:30pm-Students helping Seniors  
1pm-Afternoon Fitness w/Valerie  
1-3pm-Bridge 3-6pm Peak Table Games  
6-7pm-Nighttime Cardio DVD/Zydeco

25) 8am- Wake Up & WALK!

9am- Fitness w/Freeman  
9-11am-Ping Pong w/Su Bao  
10am- ZUMBA w/Valerie  
11am-Two Stepping w/Marvin  
12-1pm-Line Dancing w/Faye  
April Birthday Celebration @Noon  
12-2pm-Wild & Wooly Women  
1pm-Fitness w/Freeman (Ab Workout)  
2pm- SILVER SNEAKERS w/Angel'a  
2-6pm-The Peak Table Games  
6-7pm-Line Dance w/Bonnita

26) 8am-Wake Up & WALK!

9am-Functional Fitness w/Freeman  
10am- Mystery Craft Library Programming  
10:30am-Chair Fit w/Freeman  
11:30am-4pm-Missouri City Bridge  
11:30am & 2pm SILVER SNEAKERS w/Angel'a in the Peak  
12-12:30pm-Students helping Seniors  
2-6pm-The Peak Table Games  
5-6pm-Sign Language w/Marsha  
6-7pm-Two Stepping w/Marvin

27) 8am- Wake Up & WALK!

9am-Freeman's Fitness Friday  
9am-Sewing w/Lula  
10am-SILVER SNEAKERS w/Angel'a  
11am-Fella's Let's Get Fit  
12-2pm-Wild & Wooly Women  
2-6pm-The Peak Table Games  
6-7pm-Fitness DVD  
Saturday 4-28-18  
8am-Wake Up & Walk DVD  
9am-Silver Sneakers w/Angel'a  
10am-Boom Move It!

To participate in Programs & Activities you must complete a Registration Form and Sign a Release of Liability Waiver